

Fruits and vegetables with pesticide residue data

EWG analyzed pesticide residue testing data from the U.S. Department of Agriculture and Food and Drug Administration to come up with rankings for these popular fresh produce items. All 48 foods are listed below from worst to best (lower numbers = more pesticides)

Note: EWG analyzed pesticide tests of 48 popular produce items. Domestic and imported versions of three items - nectarines, blueberries and snap peas- showed sharply different results, so we have ranked those domestic and imported items separately. As a result, the full list of foods ranked by the Shopper's Guide displays 51 entries.



1

APPLES



2

STRAWBERRIES



3

GRAPES



4

CELERY



5

PEACHES



6

SPINACH



7

SWEET BELL PEPPERS

8



NECTARINES - IMPORTED

9



CUCUMBERS

10



CHERRY TOMATOES

11



SNAP PEAS - IMPORTED

12



POTATOES

13



HOT PEPPERS

14



BLUEBERRIES - DOMESTIC

15



LETTUCE

16



KALE / COLLARD GREENS

17



PLUMS

18



CHERRIES

19



NECTARINES - DOMESTIC

20



PEARS

21



TANGERINES

22



CARROTS

23



BLUEBERRIES - IMPORTED

24



GREEN BEANS

25



WINTER SQUASH

26



SUMMER SQUASH

27



RASPBERRIES

28



BROCCOLI

29



SNAP PEAS - DOMESTIC

30



GREEN ONIONS

31



ORANGES

32



BANANAS

33



TOMATOES

34



WATERMELON

35



HONEYDEW MELONS

36



MUSHROOMS

37



SWEET POTATOES

38



CAULIFLOWER

39



CANTALOUPE

40



GRAPEFRUIT

41



EGGPLANT

42



KIWI

43



PAPAYAS

44



MANGOES

45



ASPARAGUS

46



ONIONS

47



SWEET PEAS - FROZEN

48



CABBAGE

49



PINEAPPLES

50



SWEET CORN

51



AVOCADOS